

Daily Word



Class Thoughts

PEACE . . . Let liberty, justice, righteousness, and peace be established throughout the world, in the name of the Lord Jesus Christ.

PRAYER FOR WORLD LEADERS: Through the Christ mind you are unified in thought, purpose, and understanding for the good of all humanity.

JULY 20 to AUG. 19

ILLUMINATION (11 a. m.): I tap the wellspring of God's wisdom, and His guiding light streams through my mind to illumine me.

PROSPERITY (12 noon): I tap the wellspring of God's bounty, and His ever-flowing riches stream forth to prosper me.

HEALING (9 p. m.): I tap the wellspring of God's life, and His perfecting power flows forth to make me whole.

AUG. 20 to SEPT. 19

ILLUMINATION (11 a. m.): "He leadeth me in the paths of righteousness" and wisdom for His name's sake.

PROSPERITY (12 noon): Goodness and prosperity shall follow me all the days of my life. "My cup runneth over."

HEALING (9 p. m.): "He leadeth me beside still waters." He restoreth me, body and soul.

DAILY WORD is nonsectarian, published monthly by the UNITY SCHOOL OF CHRISTIANITY, 917 Tracy Ave., Kansas City 6, Mo. Single copies at 15c each may be obtained from Unity School and Unity centers. Subscription \$1 a year. Braille subscriptions are sent free to the blind who are familiar with Grade 1½. These gifts are made possible by love offerings.

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Vol. 5

Word

Refor

Poem

Cover

Center

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DAILY WORD

EDITED UNDER THE SUPERVISION OF SILENT UNITY

Vol. 51

AUGUST, 1949

No. 2

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Cover Photograph—*H. Armstrong Roberts*

Center Photograph—*Harold M. Lambert*

DAILY LESSONS FOR AUGUST

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Words That Bless

CLEDA REYNER

I HAVE BEEN looking through the Scriptures seeking verification of the fact that well-chosen words are an important factor in happy human relationships. As I read the Beatitudes I thought that there might well have been one about the blessedness of those who choose their words with fine discernment and use them with tact. Though tact is not mentioned in the Beatitudes I am sure that it is included in the blessing of the merciful, the meek, and the peacemakers. One could not be merciful, meek, or a peacemaker and exclude tactfulness from his speech. It is certain that the effectiveness of Jesus' teachings was increased by "the words of grace which proceeded out of his mouth."

Blessed indeed is the person who is aware of other people's hearts and feelings. Just as a physician carefully counts out the drams of his harsher drugs so that his patient's requirements may be met exactly, so does the person of graciousness measure the possible impact and effect of his words before he utters them. Every person longs for love and praise and approval; he likes to feel at all times that he is doing the right and pleasing thing, and a word or tone of voice that indicates

that he has failed in this objective calls forth an unhappy reaction. It may take the form of chagrin, hurt feelings, humiliation, disappointment, or self-condemnation. Many of these reactions take place beneath a smile or a calm exterior, for pride usually demands of us that we hide our hurts. Every person needs to feel confident within himself if he is to function at his highest level, and our thoughtless words can subtract from this feeling of confidence, while our well-chosen ones contribute to it.

Tactlessness is not confined to any particular set of people but thrives in the best of circles and families. "I know she is a good person, but my disposition gets the rash if I am around her for a day" is what one person said about another who was given to tactless speech. Even honest words, well-meaning words often belie their motive because they are blunt or ill-chosen.

Tactfulness of speech is one of the major arts, but it is a simple one to perfect. It begins with kindness. Tact is as natural to kindness as warmth is to fire. Kindness has no desire to exploit the fears, the faults, the foolish little defenses that most of us have. Kindness takes no pride in putting people in their place or in lowering their self-esteem. Kindness does not seek the limelight that a witticism often provides, if that witticism

costs another person anything in the way of comfort.

One young wife told me that for a considerable period in her early married life she followed what she thought was an accepted custom among married couples, that of good-naturedly badgering her husband whenever they were with a group of their friends. Her husband however finally did what many others are not able to do; he told her that her remarks embarrassed and hurt him. Though the young wife gave up a sure means of provoking mirth, she enjoyed in its place the comfortable feeling that understanding and consideration for another person brings.

Most of us deplore sensitiveness. One woman told me that all her life she had suffered from being overly sensitive, and she wanted to know how to rid herself of this trait in her character. She was surprised when I told her that it was one of her most valuable possessions. Where it had been a source of discomfort to her because she had been sensitive only to accusations, belittling attitudes, hidden meanings in other person's acts and words, it could be a real asset to her if she used the faculty for the purpose of perceiving the feelings and attitudes of other persons. Without sensitiveness we should all be bulls in a china shop or fools blundering in where angels fear to tread.

A sensitive regard for other people's feelings tells us whether a word is good or silence better, whether now is the time to broach a subject or whether another time would serve the purpose better, whether what we have to say has its roots in a kindly motive.

Whether to speak or keep still, whether to bring up a matter now or later, whether the thing we have to say is truly kind—these are the things we need to consider until such time as it is automatic with us to say the kindly, gracious thing. As for keeping silent, it is often better to say nothing even though we may be confident that we know the truth of a matter. Often what we give in the way of information does not equal what we take away in the form of self-confidence and self-assurance. Not all people can accept easily the fact that they are wrong in judgment, opinion, or conduct.

There may be a right time to impart knowledge that we have, but the present moment may not be it. It is human to get impatient and to want to make things right at once. But even Jesus withheld truths that His hearers could not bear. "Ye cannot bear them now," He told them and bode His time. The kindly, sensitive person perceives when the situation and the time are right. What may have seemed impertinence in a tense,

strained moment may seem pure kindness in a relaxed and quiet one.

"Is it kind in motive and kind in method?" we should ask ourselves about our conversation. Before we speak tactlessly or bluntly we should remember that it is a *child* of God to whom we are talking, not a full-grown spiritual being. As a child, that person is still vulnerable to the suggestion that he is not wise enough, good enough, lovable enough to merit our love and approval.

Tactfulness is in speech after all simply saying the kindest thing in the kindest possible way, and the effectiveness of our life is governed largely by "the words of grace which proceeded out of . . . [our] mouth."

* * *

Blessed are the meek: for they shall inherit the earth.

Blessed are they that hunger and thirst after righteousness: for they shall be filled.

Blessed are the merciful: for they shall obtain mercy.

Blessed are the pure in heart: for they shall see God.

Blessed are the peacemakers: for they shall be called sons of God.

—Matt. 5:5-9.

Reform Your God Thought

CHARLES FILLMORE

A condensation of a Silent Unity pamphlet

THIS IS distinctly the age of reforms. Never before have there been such widespread and persistent efforts by both men and women to right the wrongs of religion, society, and politics.

From the hearts and souls of millions goes up the cry "Set us free from our burdens." Every imaginable scheme of release is proposed, and each advocate of a panacea for the people's ills stoutly affirms his to be the only remedy that has virtue. It is observed that the majority of these reformers are clamorous that laws be enacted to force their theories upon the people. In this they are following the same methods to cure the ills of the body politic that they have followed in curing the body physical, and the results will surely be of like impotency.

Laws, whether natural or artificial, are but the evidence of an unseen power. They are simply effects, and effects have no power in themselves. When man looks to them for help in any condition of inharmony, he is departing from a universally recognized principle of sequence. God,

Spirit, or Mind—whatever you choose to name it—is the supreme dictator, and thought is its only mode of manifestation. Mind generates thought perpetually; all the harmonious and permanent affairs of men, and the innumerable systems of the infinite cosmos, are moved in majestic measure by its steady outflow.

All power has its birth in the silence. There is no exception to this rule in all the evidence of life. Noise is the dying vibration of a spent force. All the clatter of visibility, from the harangue of the ward politician to the thunder's roar, is but evidence of exhausted power. As well try to control the lightning's flash by wrapping the thunder about it as attempt to regulate mind by statutory enactments.

All reforms must begin with their cause. Their cause is mind, and mind does all its work in the realm of silence, which in reality is the only realm where sound and power go hand in hand. The visible outer world, with all its social, religious, and political laws, customs, and ceremonies, is but the flimsy screen upon which mind throws its incongruous opinions. God's thought is love, the inherent potentiality of the God man, which knows neither persons nor things, mine nor thine, but a universal brotherhood in which perfect equity and justice reign in joint supremacy. All

philosophers and sages have recognized this silent cause, this perpetual outflow from center to circumference. Jesus Christ said: "The kingdom of God is within you." "Seek ye first his kingdom, and his righteousness."

All men who have moved the world to better things have received their inspiration from the Spirit within and have always looked to it for instruction.

A belief prevails that God is somewhat inaccessible; that He can be approached only through certain religious ordinances; that is, a man must profess religion, pray in a formal way, and attend church in order to know God. But these are mere opinions that have been taught and accepted by those who perceive the letter instead of the spirit. For if God is Spirit, the principle of intelligence and life, everywhere present at all times, He must be just as accessible as a principle of mathematics and fully as free from formalism. When a mathematician finds that his answer to a problem is not correct, he consults the principle and works out the correct solution. He knows that all mathematical problems inhere in mathematical principles and that only through them can they be worked correctly. If he persistently ignored principles and blundered around in a jungle of experiments, he would be attempt-

ing to get up "some other way," and he would prove himself a "thief and a robber," for there is but one way. Jehovah God, infinite Mind in expression, is the way, and this Mind is always within reach of every man, woman, and child.

It is not necessary to go in state to God. If you had a friend at your elbow at all times who could answer your every question and who loved to serve you, you certainly would not feel it necessary to go down on your knees to him or ask a favor with fear and trembling.

God is your higher self and is in constant waiting upon you. He loves to serve, and will attend faithfully to the most minute details of your daily life. If you are a man of the world, ask Him to help you to success in any line that you may choose, and He will show you what true success is. Use Him every hour of the day. If you are in doubt about a business move, no matter how trivial, close your eyes for an instant and ask the silent one within yourself what to do, just as you would send a mental message to one whom you know and who could catch your thought. The answer may not come instantly; it may come when you least think of it, and you will find yourself moved to do just the right thing. Never be formal with God. He cares no more for forms and ceremonies than do the principles of mathematics for

fine figures or elaborate blackboards.

You cannot use God too often. He loves to be used, and the more you use Him the more easily you use Him and the more pleasant His help becomes.

If you are doing things that are considered wicked, you will find swift safety in asking God first, then acting or refraining, as you are moved. Some people act as if they thought that they could hide themselves from the one omnipresent intelligence, but this is the conclusion of thoughtlessness. God knows everything you do, and you might just as well have His advice. God does not want you to reverence Him with fear. God certainly never can get your confidence if you constantly stand in quaking fear of Him. He will do you a favor just as quickly if you ask in a jolly, laughing way as He would if you made your request in a long, melancholy prayer. God is natural, and He loves the freedom of the little child. When you find yourself in His kingdom it will be "as a little child."

God's kingdom of love and unity is now being set up in the earth. His hand will guide the only ship that will ever sail into the Arcadian port, and the contented, peaceful, and happy people that throng its decks will sing with one voice: "Glory to God in the highest."

Believing

ELIZABETH LANDEWEER

Thank God for strong, abiding faith
With which to meet each passing hour,
A faith by which to live each day
In greater wisdom, richness, power;

A faith that molds my life and shapes
New beauty from the commonplace,
That I may dwell serene among
The evidences of His grace.

Thank God for faith by which I know
Without one question or one doubt
That no real problem can exist
When God Himself has worked it out.

Lord, keep me steady, hold me close
Within the warm security
That comes from my believing in
The fullness of Your love for me.



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AUGUST 1

Monday

THE JOY OF THE LORD IS MY STRENGTH, AND
I AM RADIANTLY ALIVE IN EVERY PART OF
MY BODY.

THE JOY of the Lord is a wellspring of life within me. I am filled with joy. I am radiantly alive with joy and strength. I have the inner joy that adds zest and purpose and happiness to my life.

When I begin to express true joy that is not dependent upon any condition in the outer world my mind is relaxed from all stress and strain. Any worry about my health that may have occupied my mind is replaced by deep faith in God.

The healing current of eternal and everlasting life is given the power and opportunity to flow unchallenged through every atom and cell in my body. I constantly remind myself that God is the healing power and I am the channel through which His mighty power works to heal and restore and make perfect my body temple.

The joy of the Lord is mine as I relax and let go and let God re-create, vitalize, and renew me.

*Thou wilt show me the path of life:
In thy presence is fulness of joy.*

—PSALMS 16:11.

Tuesday

AUGUST 2

I LET THE LOVING-KINDNESS OF MY IN-DWELLING CHRIST EXPRESS ITSELF THROUGH ME TODAY.

THIS DAY I remind myself that I am here to do the will of God, and God is love. I realize that God needs me for the purpose of expressing His healing kindness through me to all who come into my life. I therefore remove from my consciousness every unkind thought and feeling, so that His loving presence within me may shine forth without hindrance. Instead of holding grudges, judging harshly, or condemning what seem to be mistakes in others I turn my vision toward the Christ Spirit, which is present in every soul.

I take time to perform the extra deeds of kindness that add a joyous, healing power to common courtesies, and I express not casual but sincere and friendly interest in all.

"Indwelling Christ, I look at every person through Your eyes, I think of every person with Your thoughts, I bless every person with Your love."

✿ *Love one another with brotherly affection.*—ROM. 12:10 (R. S. V.).

AUGUST 3

Wednesday

I KNOW THAT THE ALL-SUSTAINING SPIRIT
OF GOD SURROUNDS AND PERMEATES ME;
THEREFORE I AM UNAFRAID.

MY TRUST is in God, and I am unafraid. I shall not doubt or fear, for I know that God is good and that His will for me is good. In this trust I rest now and forever, and I am unafraid.

Wherever I am God is, for God is in the midst of me. My body is the temple of God, and His presence within me is my constant protection.

If I am humanly assailed by fear of any kind, fear of some impending danger, I turn in thought to the realization of God's presence within me, His holy temple, and know that

"The light of God surrounds me.

The love of God infolds me.

The power of God protects me.

The presence of God watches over me.

Wherever I am God is!"

Day and night I am infolded in God's divine protection. I feel His protecting presence within and around me, and I go forward unafraid.

• *My presence shall go with thee, and I will give thee rest.*—EXOD. 33:14.

Thursday

AUGUST 4

I AM DIVINELY INSPIRED TO SAY AND DO THE
RIGHT THING AT ALL TIMES.

THE WORDS of my mouth and the meditations of my heart are divinely inspired by the Christ Spirit, beautiful and serene within me. My mind is filled with love and my words are clothed with warmth and helpfulness. I am guided to say and do the right thing at all times.

The beauty of Spirit makes me radiant within. The joy of Spirit makes me wholly happy. The wisdom of Spirit inspires me to speak the true and loving word and do the right thing in all circumstances.

I am a child of God, and I am divinely guided in the way of Truth. The Spirit of light and life and love rules my word and action, for He is in me and I in Him. Through the eyes of Spirit I behold only good. Through the power of Spirit I express only good. Through the wisdom of Spirit I think only good. Through the understanding of Spirit I expect only good.

*Let the words of my mouth and the meditation of my
heart*

Be acceptable in thy sight,

O Jehovah, my rock, and my redeemer.

—PSALMS 19:14.

AUGUST 5

Friday

IN EVERY SITUATION THAT CONFRONTS ME I
TURN WITHIN TO MY FATHER; I TRUST TO
HIS GUIDANCE.

THERE IS a wisdom within you that is capable of guiding you through any difficulty. When you put your faith in its guidance it will unfailingly come to your rescue and illumine your darkness. "Your Father knoweth that ye have need of these things," and if you trust in Him He will fill your needs perfectly.

You do not have to work out your problems alone, for God in you is your sure help and strength from one moment to the next. He is not passively standing by, waiting for you to come to Him, but His loving presence is now within you. No matter what your mistakes, God loves you. No matter what your plight, He will guide you to freedom.

If you have been racking your brain trying to arrive at some decision, quietly trust to His wisdom and give Him a chance to show you what is right. If without success you have been trying to overcome some difficulty, stop trying so hard and trust in Him to show you the way.

☛ *Thou wilt guide me with thy counsel.*—PSALMS 73:24.

Saturday

AUGUST 6

I AM CONFIDENT THAT GOD IS LEADING ME TO MY RIGHT WORK, WHERE I CAN GIVE GENEROUSLY AND RECEIVE ABUNDANTLY.

ARE YOU experiencing difficulty in finding work? If you have sought in every conceivable way to find it and have met with no success it is well to remember the words of Jesus Christ. In His own wise and understanding way the Master has given you the key to the fulfillment of your needs. "Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be made full."

You may feel slightly hesitant about asking for work in the name of Jesus Christ. But He put no limiting idea in His words, nor did He qualify them to include just certain things.

To be joyous and happy you need to be gainfully occupied, so turn in full faith to God and ask that your perfect place of service be revealed to you. Then as you take the outer steps you need to find work, the place where you can serve happily and well will be shown to you. There your capabilities will be put to full use, and a just return for your services will be forthcoming.

• *Ask, and ye shall receive.*—JOHN 16:24.

AUGUST 7

Sunday

GOD'S SPIRIT WITHIN ME ENABLES ME TO
MEET EVERY EXPERIENCE IN LIFE WITH FAITH
AND COURAGE.

HOW OFTEN have you asked, "Why did I have this experience?" Truth students often feel that they are failing when they have an experience that challenges their capacities to the point of pain and bewilderment.

Even when the challenge brings pain and bewilderment, some good is served. In the soul-stretching that is necessary to meet the challenge growth occurs. A new, stronger, surer person is created.

The deepest desire of every heart is to be a strong, sure, self-possessed individual. Every challenge that life presents, whether it is met fully or in only part, brings enough insight, enough mustering of resources to produce inner growth.

No matter what challenges life presents, keep remembering that somehow, somehow good is being served; that by meeting the challenge with faith and courage the heart's deepest desire is being fulfilled.

✿ *Stand fast in the faith, quit you like men.*—I COR. 16:13.

Monday

AUGUST 1

WHEN I FORGIVE ALL THAT SEEMS OPPOSED TO TRUTH I KNOW THAT I TOO AM FORGIVEN, AND DEFEAT IS SWALLOWED UP IN VICTORY.

I CAN COUNTERACT or offset the hold that past or present mistakes may have upon me by letting love so permeate my whole being that it generates spontaneously within me that right feeling called forgiveness, which dissolves all my confusions, criticism, and resentment.

The situations and circumstances in my life that have seemed to hurt me, that have caused me unhappiness, loneliness, and frustration, are not God's will for me; for God wills only good for me and for all alike. When I let love fill my thoughts with harmony, with light, and with wholeness, automatically a joyous feeling of forgiveness surges through me, forgiveness of all that has seemed opposed to Truth. This attitude of forgiveness fills my days and my whole life with ever-new and satisfying experiences of true happiness, success, radiant health, and right companionship.

✿ *If ye forgive men their trespasses, your heavenly Father will also forgive you.—MATT. 6:14.*

AUGUST 9

Tuesday

I GO FORWARD TO MEET EVERY OCCASION IN
LIFE WITHOUT FEAR, FOR I KNOW THAT GOD
IS WITH ME.

OCCASIONS arise in the life of each one of us when we yearn for wisdom beyond our human reach—it may be for a vital decision, a difficult interview, or some personal problem that seems impossible to solve.

But none of us need to be afraid. Jesus Christ has given us the glorious assurance that strength and guidance are available to everyone, in every circumstance, at any time. God, the all-wise, all-powerful Father, is with us, ready to hold us steady and guide us.

When you face a test large or small say simply, "I go forward to meet every occasion in life without fear, for I know that God is with me." Repeat it thoughtfully and prayerfully, and you will feel a great sense of relief and confidence. Furthermore you will be given strength and wisdom to meet any situation.

The yearning in your heart is for more of light, more of wisdom, more of Truth, more of God. Your prayers will light your way.

✿ *Jehovah is my light and my salvation.*—PSALMS 27:1.

Wednesday

AUGUST 10

I AM FREE TO EXPRESS ALL THAT GOD IS.

TRUTH teaches us that the kingdom of heaven can be attained here on earth by those who think rightly and aspire greatly. Often in our daily living we seem bound by time, by space, by lacks of many kinds, and the kingdom of heaven seems a remote possibility indeed. But as we turn in thought to the unlimited possibilities of our sonship to God we begin to be freed from all limitations. We realize that there are no limitations except those which we imposed on ourselves, that freedom begins and ends in our own consciousness.

Let us joyously affirm the good, the right, and the true. Let us have faith that we are now citizens of the kingdom of God. God's perfect ideas are now functioning in us and inspiring us to greater accomplishment and greater service to our fellow men. Let us express freely the God Spirit in us. There is nothing to bind us, limit us, or make us afraid. We know the Truth, and we have been set free to live wisely, lovingly, and justly. Now are we the living expression of God.

✿ *There is one God, the Father, of whom are all things, and we unto him.—I COR. 8:6.*

AUGUST 11

Thursday

AS I LOOK TO GOD FOR MY GOOD, MY MIND
IS POISED, MY HEART IS PATIENT, AND HAR-
MONY REIGNS IN MY WORLD.

MY PART in maintaining harmony in my world is to keep my own mind poised and my own heart patient. No matter what is said or done around me, so long as I remember that my happiness comes from God within I cannot fear or resent the words or actions of others.

When my mind is poised I can think objectively. I can see a situation as it affects each person in it. I am aware of what words to speak, what action to take, in order to bring assurance and insight to a situation.

When my heart is patient I am not hurt by the words or actions of others. I realize that a short temper, a spiteful gesture, thoughtlessness are all passing phrases of emotion and that underneath is a heart seeking to be understood.

When my mind is poised and my heart is patient I am never a part of an inharmonious situation. Wherever I am, with whomever I am, my personal world is peaceful and harmonious.

♣ *Thou wilt keep him in perfect peace.—Isa. 26:3.*

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AS I LOOK TO GOD FOR MY GOOD, MY MIND IS POISED, MY HEART IS PATIENT, AND HARMONY REIGNS IN MY WORLD.

MY PART in maintaining harmony in my world is to keep my own mind poised and my own heart patient. No matter what is said or done around me, so long as I remember that my happiness comes from God within I cannot fear or resent the words or actions of others.

When my mind is poised I can think objectively. I can see a situation as it affects each person in it. I am aware of what words to speak, what action to take, in order to bring assurance and insight to a situation.

When my heart is patient I am not hurt by the words or actions of others. I realize that a short temper, a spiteful gesture, thoughtlessness are all passing phrases of emotion and that underneath is a heart seeking to be understood.

When my mind is poised and my heart is patient I am never a part of an inharmonious situation. Wherever I am, with whomever I am, my personal world is peaceful and harmonious.

✿ *Thou wilt keep him in perfect peace.—ISA. 26:3.*

Wednesday

AUGUST 10

I AM FREE TO EXPRESS ALL THAT GOD IS.

TRUTH teaches us that the kingdom of heaven can be attained here on earth by those who think rightly and aspire greatly. Often in our daily living we seem bound by time, by space, by lacks of many kinds, and the kingdom of heaven seems a remote possibility indeed. But as we turn in thought to the unlimited possibilities of our sonship to God we begin to be freed from all limitations. We realize that there are no limitations except those which we imposed on ourselves, that freedom begins and ends in our own consciousness.

Let us joyously affirm the good, the right, and the true. Let us have faith that we are now citizens of the kingdom of God. God's perfect ideas are now functioning in us and inspiring us to greater accomplishment and greater service to our fellow men. Let us express freely the God Spirit in us. There is nothing to bind us, limit us, or make us afraid. We know the Truth, and we have been set free to live wisely, lovingly, and justly. Now are we the living expression of God.

✿ *There is one God, the Father, of whom are all things, and we unto him.*—I COR. 8:6.

AUGUST 11

Thursday

AS I LOOK TO GOD FOR MY GOOD, MY MIND IS POISED, MY HEART IS PATIENT, AND HARMONY REIGNS IN MY WORLD.

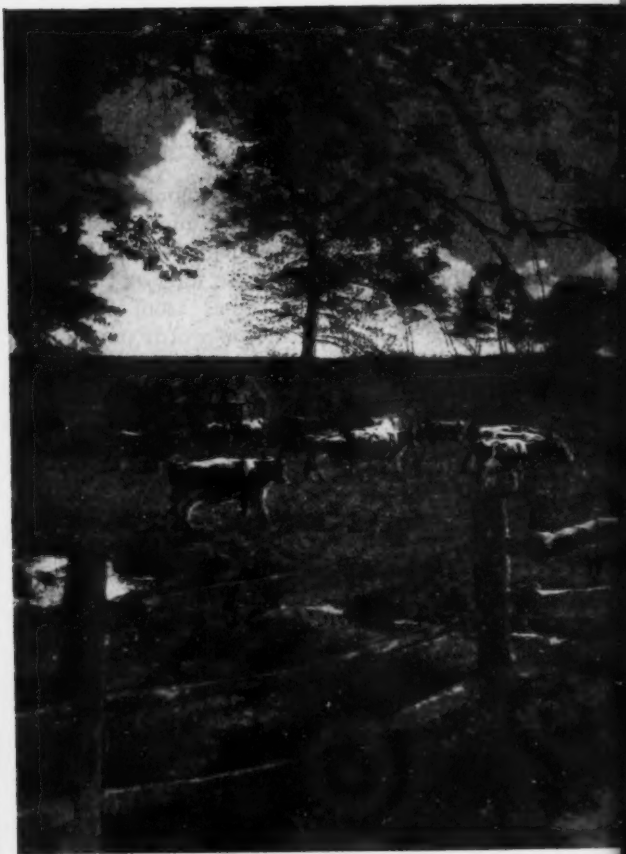
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At Home In God

MILDRED MEEKER

Home once more are the droning bees,
Home are the flocks of sheep;
The robins cling to their sheltered bough
And nestle down to sleep.

Slow of foot, the cattle seek
The stalls where they were born;
And crickets chirp from native grass
Between tall rows of corn.

As twilight stoops to draw her shawl
Across the tranquil sod
My heart is filled with sweet content,
At peace, at home in God.

Friday

AUGUST 12

I HAVE NO FEAR, FOR I TRUST IN THE LOVING PRESENCE OF GOD THAT IS WITHIN ME.

IN THE Gospel according to John we find these words of Jesus: "I will not leave you desolate: I come unto you." Even now these words are being spoken to you through the Christ Spirit within your soul. God in the midst of you would have you know that He is a friend who desires to help you every step of your way. He would have you feel the nearness of His healing and protecting love, which will never leave you or forsake you. He speaks to you, saying: "Trust in me and do not be afraid of things, persons, conditions, or even of yourself, for My all-infolding presence is a power that sustains you and a light that illumines your way. I am your Father, you are My beloved child; and it is My joy to care for you.

"If you are imprisoned in fear, remorse, and unhappiness because of some mistake you have made, turn to Me within you now, and My forgiving love will guide you to your freedom. If you have fallen from your high ideals, turn to Me, and I will lift you up."

☛ *Peace be unto thee; fear not.*—JUDG. 6:23.

AUGUST 13

Saturday

MY NERVES ARE ATTUNED TO INFINITE HARMONY AND FUNCTION QUIETLY AND IN PERFECT ORDER.

WHEN YOU feel, as we all do at times, that your nerves are frayed and on edge, remember that Christ in you has power to quiet your nerves and put your whole being at perfect ease. Know that your nerves are a part of the orderly, smooth-working physical mechanism of which the Christ is in control.

If you feel nervous about any situation you can meet it successfully by claiming the help of the Christ power within you. Repeat over and over: "Christ in me is in complete control of all my powers. I am being guided and directed in all things."

As faith replaces fear through your positive affirmation of this truth your nerves become quiet and relaxed. You can go through every day and meet every experience with composure and poise if you consciously accept the truth that all the infinite loving power of God is ever with you.

Your nerves are attuned to infinite harmony and function quietly and in perfect order.

• *In returning and rest shall ye be saved.*—ISA. 30:15.

Sunday

AUGUST 14

AS I ALLOW THE LOVE OF GOD TO FLOW
FREELY FROM MY HEART I AM HAPPY AND
BLESSED.

NOT MANY persons are confident enough of themselves or of their place in life to maintain a consistently loving and understanding heart. But it is important that we love.

Love should be as natural and as spontaneous as breathing. But because our fears create barriers to such spontaneous expression, most of us have to teach ourselves to be loving. Since our happiness is so dependent upon our maintaining a loving attitude, we should give thought to developing such an attitude. Moffatt's translation of Paul's thoughts on love makes a wonderful meditation for the one interested in training his heart to love.

"Love is very patient, very kind. Love knows no jealousy; love makes no parade, gives itself no airs, is never rude, never selfish, never irritated, *never resentful*; love is never glad when others go wrong, love is gladdened by goodness, always slow to expose, always eager to believe the best, always hopeful, always patient."

♣ *Love . . . is the fulfillment of the law.*—ROM. 13:10.

AUGUST 15

Monday

I RELEASE ALL TENSIONS AND RELAX IN THE
QUIETING SECURITY OF THE PRESENCE OF
GOD.

“LET NOT your heart be troubled,” Jesus said: “believe.” This message comes to you wherever you are right now. Though difficulties seem great and problems beyond solution, still the Master says to you, “Let not your heart be troubled.”

You can find healing peace by mentally letting go, by giving up everything to God. You can let go of your fears and tensions one by one or all together by changing your thoughts from fear to faith.

A good way to do this is to sit very still and with eyes closed repeat positive statements aimed directly at the fear and worry and restlessness that has been in your mind.

Say: “God is with me now. I need not be concerned about anything. Jesus knew the truth. The Christ in me knows the truth. I am not troubled any more. God is with me. I give it all up to Him. I release all tensions and relax in the quieting security of the presence of God.”

✿ *Come unto me.*—MATT. 11:28.

Tuesday

AUGUST 16

I TRUST GOD STEADFASTLY TO ESTABLISH
ORDER AND SECURITY IN MY LIFE.

WHEN WE read and hear of inflation, deflation, unemployment, increased armaments, international differences, it is not easy to see order or security in our world. But in the midst of all these situations and constant fluctuations there is an underlying order and security. This order and security is God-created, and it must be realized in the quietness of the individual mind and heart.

God takes care of His children individually. Each mind turned in faith and receptivity toward God experiences order and security within itself. No matter what conditions prevail around it, this mind is able to discern its own path over barriers and around hazards to claim its own order and security.

No heart filled with faith in God's order and security lives in fear of economic and political change. This heart feels the day-by-day assurance of God and experiences His love and guidance pointing the way ahead and fulfilling its needs.

✿ *Now faith is assurance of things hoped for, a conviction of things not seen.—HEB. 11:1.*

AUGUST 17

Wednesday

GOD HEARS AND ANSWERS MY PRAYER.

GOD HEARS your prayer and answers with a continuous outpouring of good. Though you may not see any visible signs of His answer, it is always forthcoming and always for your good. Believe this with all your heart and rejoice.

Trust God in the darkness. He leads the way to light. Let Him have His perfect way with you, and let go of your doubts and fears. Pray quietly, confidently, no matter how dark the outer appearance may be. You will feel an inner peace and comfort enveloping you as God's answer comes.

The Father is in charge. He is telling you right now that He is with you, hearing you, helping you in His quiet, wonderful way. Leave the way to Him. He knows, and He is sure.

Keep on praying. Your Father hears and is answering. He is with you always. Trust Him.

Trust Him to guide you, to bless you, to heal you, to prosper you. Keep your heart and mind open and receptive to His presence and power by keeping your thoughts and feelings loving and constructive.

✱ *Fear not, only believe.*—LUKE 8:50.

Thursday

AUGUST 18

I ADJUST MYSELF EASILY TO OUTER CHANGE,
BECAUSE I TRUST IN THE CHANGELESS LOVE
OF THE CHRIST WITHIN ME.

THOUGH YOU may find it difficult to depend upon persons and outer things and conditions because of the many unexpected changes that are constantly taking place, do not despair of finding security, for there is a dependable Spirit within you that is the same "yesterday and to-day, *yea* and for ever."

This Spirit is the very presence of Christ, whose nature is unchangeable love, and His sole concern and eternally constant desire is to make you every whit whole. Though your castles in this world of appearances may seem to be crumbling, thus shattering many of your plans and dreams, this indestructible presence within you assures you: "Destroy this temple . . . I will raise it up."

If things about you look dark, turn your vision inward to the Christ, who is your help in every need, and He will give you peace. Remember "thy maker is thy changeless friend, His love surrounds thee still."

❁ *Fear not . . . saith Jehovah of hosts. For I, Jehovah, change not.*—MAL. 3:6.

AUGUST 19

Friday

JUSTICE FOR ME COMES FROM GOD, AND I
TRUST HIM TO ESTABLISH JUSTICE, ORDER,
AND PEACE IN ALL MY AFFAIRS.

NO MATTER what the outer conditions may appear to be, no matter how many times I seem to be unjustly treated, I will harbor no hatred or evil in my heart for wrongdoing. I will remember that justice comes from God. I will place myself under His jurisdiction until order and harmony and peace are again made manifest in my life and affairs.

If I am in some adverse situation, if I am in danger of losing some money, if I am involved in a lawsuit, I will declare that true justice is a part of the divine scheme of things. I will know that something of equal value will replace that which apparently is lost. The true justice of God will establish right conditions in my life.

Holding steadfastly to the justice of God, I clear my thoughts of all bitterness. By keeping my thoughts on God, on His law of justice now operating in my life, I open the way for abundant good to come to me under divine law.

♣ *For I, Jehovah, love justice . . . I will give them their recompense in truth.*—ISA. 61:8.

"HE LEADETH ME IN THE PATHS OF RIGHTEOUSNESS" AND WISDOM FOR HIS NAME'S SAKE.—UNITY ILLUMINATION THOUGHT.

THE UNITY class thoughts for the current month based on the heartening and inspiring 23d Psalm, which has brought inspiration and spiritual consolation to uncounted millions of persons and has proved to be a spiritual bulwark in time of trouble.

How comforting it is to know that God leads us in the paths of righteousness for His name's sake, because He is faithful who has promised to be with us and to keep us steadfast!

God our loving Father leads us, His children, into ways that are safe, happy, and successful. God the Father cares for His children throughout all the earth. He guides and directs us but gives us freedom to grow in our own way. He is ever with us to inspire and encourage us to reach our full spiritual stature as His children. His guidance is unfailing, clear, and within the reach of our prayers at all times. With His help we can confidently go forward.

♣ *He leadeth me in the paths of righteousness.*—PSALMS 23:3 (A. V.).

AUGUST 21

Sunday

GOODNESS AND PROSPERITY SHALL FOLLOW ME ALL THE DAYS OF MY LIFE. "MY CUP RUNNETH OVER."—UNITY PROSPERITY THOUGHT.

THE INFINITE tender mercies of God are made manifest for us in ways that often appear miraculous to those who do not understand spiritual matters. We who are students of Truth know that nothing happens by chance, and that what appears to happen merely as the result of "good luck" or "coincidence" is actually the outworking of exact and unfailing laws.

The goodness of God in the form of prosperity is ours in abundant measure. Often we find it difficult to accept or to realize this truth, because the outer circumstances of our life testify to the opposite. Nevertheless we are not to judge by the outward appearance but by Truth, by what is true in the sight of God, not in our own sight.

The Psalmist embodied in words a powerful realization of spiritual law when he wrote, "My cup runneth over." God's supply is not measured for us in minute quantities but in overflowing measure; a veritable cascade of substance is poured for us.

✿ *My cup runneth over.*—PSALMS 23:5.

Monday

AUGUST 22

"HE LEADETH ME BESIDE STILL WATERS." HE
RESTORETH ME, BODY AND SOUL.—UNITY
HEALING THOUGHT.

THE RESTORATION of body and soul from any condition of ill-health or inharmony to a state of well-being is brought about through the healing power of Spirit in us. "He leadeth me beside still waters." He restoreth me in body and soul.

When we need healing, when we look to Spirit within us for our healing, we become conscious of a feeling of gentle peace flowing in and through us. It soothes our restless mind and spirit; it brings freedom from pain; it brings rest to our soul. We are immersed in the "still waters" of Spirit, which dissolve every condition of imperfection and restore us, body and soul.

The restoration that we experience when we turn to Spirit within us for healing is sometimes instantaneous, and sometimes it becomes manifest for us by degrees. If our demonstration of perfect health appears to come slowly, let us give thanks that a healing work is being done, let us know that we are growing spiritually.

✿ *He leadeth me beside still waters.*—PSALMS 23:2.

Tuesday

I PLACE MYSELF AND ALL MY AFFAIRS IN THE FATHER'S CARE, AND HE BLESSES ME WITH GOOD.

DAILY I place myself in the care of the Lord of my being. I wait upon the Lord, knowing that His care is constant, His judgment sure, His love unfailing. Every part of my life I release to His guidance.

My will is to do the will of my Father. I bid Him use me. I seek Him fully, asking the blessing of constant awareness of His presence. I do not set a time for fulfillment of prayer. I leave it all to God.

My good is in His keeping. I know it is His will that all good shall come to all His children. I know that the time and place of manifestation lie in His wisdom.

I wait in complete confidence for my good to be made visible, rejoicing that it is already mine. I feel His loving presence now. I know that all is well with me and my world.

Jehovah is good unto them that wait for him, to the soul that seeketh him.

It is good that a man should hope and quietly wait for the salvation of Jehovah.

—LAM. 3:25, 26.

Wednesday

AUGUST 24

CHRIST IN ME MANIFESTS HIMSELF AS PERFECT FREEDOM. PRAISE GOD, I AM FREE!

IF YOU or someone dear to you may seem to be bound to an adverse habit, remember that Christ gives freedom to all. To be vital, alive, and sure of oneself under all circumstances is entirely possible with the loving, strengthening help of Christ within.

Charles Fillmore has said, "Souls are not created great, but with the capacity to become great." Regardless of appearances, you have within you the capacity for greatness. The one you would help and bless has within him the capacity for greatness. Say to yourself: "Christ in me gives me power to be and do all things." Repeat this for anyone you wish to bless.

As you realize your potentiality as a child of God, as you commune with Him in prayer, you begin to realize your freedom in Christ. With your realization of your freedom in Christ comes strength of mind and body and stability of the emotions. Christ in you manifests Himself as perfect freedom.

* *He that overcometh, I will give to him to sit down with me in my throne.*—REV. 3:21.

Thursday

I HAVE FAITH IN GOD'S LOVE TO GUIDE ME
AND TO GIVE ME PEACE.

ONE OF the most wonderful assurances we gain through prayer and the study of Truth is that there is always a way to handle every situation, no matter how impossible or complex it may appear. As we train ourselves to have faith in this truth, we are able to meet every situation with clarity of thought and stability of emotions.

There are times in nearly everyone's life when relationships and circumstances seem to become so complicated that we do not know which way to go. If at such times we will keep reminding ourselves that there is a way, a right and good way, and that God will show us the way, we can avoid indecisive and upsetting states of mind.

When the mind is still and the heart is filled with faith the Spirit of God has the opportunity to point out the way that is wise, generous, loving. The individual's part is to still the mind and to fill the heart with faith. God will point the way.

*Commit thy way unto Jehovah;
Trust also in him, and he will bring it to pass.*
—PSALMS 37:5.

Friday

AUGUST 26

I AM QUIET AND CONFIDENT AND IN CONTROL OF MY THOUGHTS THROUGH THE CHRIST WITHIN.

WHenever thoughts of any kind come into your mind that you feel to be false or negative say quietly: "Be still, and know that I am God." Say to yourself: "God is love and strength and harmony. God directs my life. Whatsoever things are lovely, I will think on them."

In the face of positive affirmations of Truth negative thoughts vanish like darkness when the light is turned on. You are lifted up with a feeling of peace.

Deny all negative, destructive thoughts and silently say: "Be still. Be still and know." Newness of life will surge through you, filling and thrilling you as you deny the false and affirm the true.

Realization of God's presence ever with you brings joy and light into your whole being.

✿ *Why are ye fearful, O ye of little faith? Then he arose, and rebuked the winds and the sea; and there was a great calm. . . . even the winds and the sea obey him.—MATT. 8:26, 27.*

AUGUST 27

Saturday

GOD SUSTAINS ME AND STRENGTHENS ME.

I DO NOT have to meet my problems alone or unaided, for I know that God is my strength, my help in every need. When I feel burdened or alone I remember that "underneath are the everlasting arms" and I find new strength. Whatever my need may be, I know that God is my constant support, my ever-present help.

I am never alone, for God, the very Spirit of strength and wisdom, is within me, guiding and sustaining me. He takes my troubled spirit and calms it. His everlasting arms infold me and help me to meet any situation. Beneath my seeming weakness is the strength of God, and in this strength I stand firm.

Whenever I am faced with circumstances that seem to be greater than my ability to cope with them I turn within to the Spirit of God and my strength is renewed. As I keep my faith in God's ability to deal with any condition, I am victorious and successful in every undertaking.

The Father within me constantly guides and sustains me, and I am unafraid. His strength infolds me and revitalizes me.

✿ *Underneath are the everlasting arms.*—DEUT. 33:27.

Sunday

AUGUST 28

AS I GIVE MY THOUGHTS AND FEELINGS OVER
TO THE BLESSING OF PRAYER I AM FREE AND
AT PEACE.

AS A PERSON unfolds in Truth, he very often is confronted with conflicts within himself—conflicts between conceptions held by him and the broader conceptions of Truth. In some persons these conflicts become intense inner struggles that bring sleepless nights, physical illness, irritability, indecisiveness.

In order to have peace of mind and stability of feeling, these conflicts must be resolved. Too often what has been learned through environment and training does not give way easily before new and untried ideas. Reason and logic often fail to reach the deep emotional seat of conflict.

How is one to resolve these conflicts so as to have a minimum of struggle and a certainty of growth? Through prayer. Prayer lifts the mind and heart above mental and emotional struggle into the broad, clear realm of spiritual thought. In this realm of thought and feeling there is clarity for the mind, serenity for the emotions.

✿ *The wisdom that is from above is . . . without variance.*—JAMES 3:17.

AUGUST 29

Monday

I CULTIVATE THE HABIT OF REALIZING THE PRESENCE OF GOD IN EVERY SITUATION.

UPON awakening each day I turn my first thoughts Godward, realizing that His loving presence is within me and everywhere all about me. I give thanks for a new opportunity to do better in every way than I have ever done before, and I trust in Him to guide me through all the activities of the day that lies ahead.

When I cleanse my body I rejoice in His Spirit ever active within me. When I eat my food I give thanks to the One who supplies my every need. When names of persons come to my mind I bless the persons, and those I come in contact with outwardly I treat with kindness, aware of their indwelling Christ. Throughout the day I pause in my duties to rest for a moment in the refreshing presence within me, and if there are decisions to make I remember to consult my divine Partner, who leads me to my highest good.

In every situation, whether it be difficult or harmonious, I make it a joyous practice to realize that "I am in the Father, and the Father in me."

• *He that putteth his trust in me shall possess the land.*—ISA. 57:13 (A. V.).

Tuesday

AUGUST 30

I AM RICH IN BODY, MIND, SPIRIT, AND AFFAIRS THROUGH THE POWER OF THE INDWELLING CHRIST.

AS A child of God, made in His own image, I am abundantly rich in all ways. My body, His good and perfect gift, houses my soul and is aglow with health from His wholeness. My body is rich in strength, vitality, and energy.

My mind, attuned to the Father's mind through the Christ mind within, is rich in wisdom and inspired thought. The same mind is in me that was in Christ Jesus. The Father's thought is my thought.

I am prospered in all my affairs through the Christ power to receive from the infinite source of all good. Abundance for all my needs is assured always through the creative provision of Spirit. I know that God takes care of me in every phase of my being.

I am rich in body, mind, and affairs through the Father's supreme gift of love to me, the Christ within.

✿ *And my God shall supply every need of yours according to his riches.—PHIL. 4:19.*

AUGUST 31

Wednesday

I AM NOT ALONE, FOR GOD IS WITH ME TO COMFORT, TO SUSTAIN, AND TO GIVE PEACE.

I AM NOT alone, for God is with me. As I steadfastly and faithfully incline my heart to God He answers my prayer. He stills my troubled mind and heart and holds me close. I lean on His strength and find comfort, peace, and rest.

This blessed assurance of God's ever-present, ever-available help upholds me. He strengthens me beyond my own human strength. If doubt at times assails me or grief seems to engulf me I repeat the lovely prayer of the 23d Psalm: "Jehovah is my shepherd; I shall not want." Praying that I may go through this experience bravely and courageously, my heart finds peace. I know without a doubt that I am not alone. I feel God lifting me out of grief into the peace of mind that passes all understanding. I put on "the garment of praise for the spirit of heaviness."

• *The Spirit of the Lord Jehovah is upon me . . . he hath sent me to bind up the broken-hearted . . . to comfort all that mourn . . . to give unto them . . . the oil of joy for mourning, the garment of praise for the spirit of heaviness . . . that he may be glorified.—ISA. 61:1-3.*

TRUTH FOR CHILDREN

"It's amazing how many times we have occasion to call upon God," writes a twelve-year-old girl, who probably learned to call upon Him early in her childhood. Unity knows that very young children can be taught to turn to God as their help in every need and publishes lesson material for parents and Sunday-school teachers to use for this purpose.

Graded lessons are available for children up to ten years of age, while the *Unity Sunday School Leaflet* is published for older children (and adults). The *Unity Sunday School Leaflet* has been enlarged and redesigned in the past year as a result of a symposium conducted at the 1948 conference of the Unity Ministers' Association. At that time Unity ministers presented their needs to the editors, and the result is a Sunday-school paper containing the Bible text of the International Bible lessons, the lesson in simple story form, and a story of how boys and girls of today use Truth, as well as a teachers' section. The revised *Leaflet* first appeared in April, 1949, and has been enthusiastically received.

If you are interested in Unity Sunday-school material, write for the free descriptive booklet *Tools for Sunday-School Workers*.

Unity Magazine Announces *****

Two Articles that Every Truth Student Should Read

"The Only Mind," by Charles Fillmore

A hitherto unpublished article containing the Truth about the one Mind in Mr. Fillmore's typically dynamic, lucid language that has inspired several generations of Truth-seeking persons to live masterfully. In this article he writes: "To be ignorant of mind and its laws is to be a child playing with fire, or a man manipulating powerful chemicals without knowing their relation to one another. . . . Mind is the one reservoir from which we draw all that we make up into our world, and it is through the laws of mind that we form our life."

"How to Help Others Find Health," by Charles Mattern

Do you find it difficult to know just what to do about helping others with the Truth you know? Perhaps you are helping but feel that there must be a more direct or more effective way than you now know. Mr. Mattern gives assurance that we are all one of the "seventy" and that the same healing principle that worked for the first disciples is now working for us. You should not miss this article; the world needs your full power of healing!

Mr. Mattern's article appears in the August issue of *Unity*, and Mr. Fillmore's in the September issue. By ordering a year's subscription for *Unity* magazine now you may have these two articles and in addition the many other articles that *Unity* can bring you. *Unity* is \$1 a year.

UNITY SCHOOL OF CHRISTIANITY
917 Tracy, Kansas City 6, Mo.

HOW TO INCREASE YOUR INCOME

There are two simple steps to take if you wish to increase your income. First, remember that actually you are working for God, therefore make your work a loving service to Him. Second, look to God for your supply and expect abundance. There is no lack in the Father's kingdom. There is magic in the word of blessing.

The Prosperity Bank plan will aid you in putting these simple rules into practice, and Silent Unity will pray with you to help you make a demonstration of prosperity. Send for a Bank and use the daily prosperity prayer. While you are being blessed through your use of the Bank drill you can save in your Bank to send *Daily Word* to your friends. Your friends will receive immediate benefits, as the subscriptions will begin at once.

Unity School of Christianity, 917 Tracy, Kansas City 6, Mo.

Please send me a Prosperity Bank and enter a year's subscription for *Daily Word* for each of the persons here named. I will save \$3 for the subscriptions, which are to begin at once. I ask the prayers of Silent Unity for my success.

1. Name _____

Street _____

City _____ State _____

2. Name _____

Street _____

City _____ State _____

3. Name _____

Street _____

City _____ State _____

SENDER'S NAME _____

Street _____

City _____ State _____

Please indicate postal zone number, if cities are so divided.

A Firm Foundation of TRUTH AWAITS YOU!

Have you achieved complete happiness and perfect adjustment in all your affairs? If you establish yourself on a firm foundation of Truth you can realize these blessings to the full. In order to re-establish themselves in Truth Unity students every year set aside a special week for reading H. Emilie Cady's *Lessons in Truth*, Unity's fundamental textbook.



This year Lessons in Truth Week is September 12-18, and you are cordially invited to join us in this rededication of ourselves to the principles of Truth, the one firm foundation. Like others in years past you will find it a richly rewarding experience.

All you need to take part in Lessons in Truth Week is the book *Lessons in Truth* and the free booklet *The Lessons in Truth Study Guide*. If you already have a copy of the book, send for the free booklet (same as used in 1948).

Lessons in Truth is \$1 a copy (guide included)

Order from your local Unity center or by writing direct to

UNITY SCHOOL OF CHRISTIANITY
917 Tracy, Kansas City 6, Mo.

Vacation Christ

CLARENCE EDWIN FLYNN

Christ walks vacation roads. He knows
Each reaching thoroughfare,
To what inviting spot it goes,
And all who journey there.

The One who shares the crowded way
With workers all the year
Would hardly leave them when the day
Of rest and change is near.

Christ walks vacation roads with us
And by His grace untold
He makes them quite as marvelous
As roads He trod of old.

Vacation highways may become,
Like those of Galilee,
The way to an Emmaus home
Or one at Bethany.

